

Child Care Health Consultation Lesson Plan

Contractor Name: Andrew County Health Department

Date Submitted: May 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

Title: Choose My Plate (Using Free Resources)

Training Goal: Participants will receive guidance on using the free resource "My Plate" to create a healthy eating and physical activity profiles to help them encourage healthy lifestyle integration in their child care environments

Learning Objective(s): Participants will

- Review how to monitor physical activity
- Review how to monitor food intake and create food plans
- Identify foods to eat/serve more/and less of

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	10 min
Physical activity—how to monitor, incorporating more into daily routines	Discussion/Q & A	10 min
Food intake—how to monitor, using free tools on My Plate website, creating food plans	Discussion/Q & A	15 min
Evaluating food for nutritional value and caloric intake	Discussion/Q & A	15 min
Planning, adopting, and managing a healthier lifestyle	Discussion/Q & A Using free resources	10 min
Source: www.myplate.gov		Total time: 1 hour

Method(s) of Outcome Evaluation: Discussion based Q & A, verbal responses to discussion, completion of sample plans from resource site

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Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018